

PARTICIPANT TYPE.....ALL
HIGH RISK.....NO

RISK DESCRIPTION:

Lactose intolerance is the syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating that occurs after lactose ingestion.

Presence of lactose intolerance diagnosed by a physician as self-reported by applicant, participant, or caregiver; or as reported or documented by a physician, or someone working under physician's orders; or symptoms must be well documented by the WIC competent professional authority. Documentation should indicate that the ingestion of dairy products causes the above symptoms and the avoidance of such dairy products eliminates them.

ASK ABOUT:

- Attitude and knowledge about condition
- Participant's tolerance of dairy products in the diet (some tolerate up to one cup of milk without discomfort while others must avoid dairy products altogether)
- Barriers to following treatment plan (e.g., health beliefs, religious or cultural practices, finances, access to follow-up health care)
- Food-medication interactions
- Supplements including vitamins, minerals, herbal products and targeted nutrition therapy products
- Weight history
- Recent gastrointestinal illness
- Chronic medical conditions
- Adequacy of calcium, riboflavin, vitamin A, and vitamin D intake

NUTRITION COUNSELING/EDUCATION TOPICS:

- Identify the WIC foods that can be consumed and tailor food package as needed.
- Discuss options for participants who are moderately lactose tolerant and prefer to consume some dairy products include the following:
 - Consume smaller serving sizes of milk products. Many children can tolerate up to one cup of milk at a time when consumed with meals.
 - Ice-cold milk and milk consumed alone seem to cause greater discomfort than milk consumed with food or at room temperature.
 - Eat aged cheese, yogurt, or buttermilk because the lactose in these foods has been fermented or removed. Heating or pasteurizing yogurt loses its effectiveness because the bacteria are killed.
 - Drink lactose-free or lactose-reduced milk. This milk tastes a bit sweeter, since glucose is sweeter than lactose.
 - Reduce the lactose content of milk at home by mixing drops of a commercial enzyme preparation into milk.
 - Purchase lactase pills to consume with milk products.
- If lactose intolerance is severe, recommend careful reading of food. Many different types of foods contain lactose.
 - Dairy products that include milk, milk solids, whey, curds, skim milk powder, skim milk solids, sweet or sour cream, buttermilk, or malted milk are sources of lactose.
 - Other possible sources are breads, candy, cookies, cold cuts, hot dogs, bologna, commercial sauces and gravies, dessert mixes, cream soups, some ready-to-eat cereals, frostings, margarine, chocolate drink mixes, salad dressings, sugar substitutes, and medications.
- Identify any nutrients that may be lacking from the diet due to food restriction and identify other food sources for those nutrients.

POSSIBLE REFERRALS:

- If the participant is taking any non-prescribed vitamin or mineral supplements, herbal supplements, or targeted nutrition therapy products, advise discussing these with the primary care provider.
- If the participant does not have an ongoing source of health care, refer to primary care providers in the community or the local public health department.